

# The Stages of Change

Research on motivation supports that change is a process and different populations will be in different stages of change as depicted in the stages of change model below.

There are certainly people who are in action and ready to fully integrate a healthy "tech diet" into all aspects of their life. Some have tools to do this and others are looking for or collecting tools and desire more practice. As expected, others are in earlier stages of change and starting to contemplate action or taking early steps to integrate specific tools, strategies, and competencies to manage their technology use.

Research states that ongoing support, evidence, practice, and evaluation are required to obtain and maintain action for any behavior change.

